



### As an Athlete

It is necessary that my system should be in first class condition. Whether in training for running, sparring or heavy weight juggling, I always begin by taking Hood's Sarsaparilla. It keeps my system in good condition and I gladly recommend it." L. O. JACQUES, 125 11th St., San Francisco.

### Hood's Sarsaparilla

Is the only True Blood Purifier Prominently in the Public Eye. Get HOOD'S Hood's Pills cure habitual constipation. Price 25 cents.

### THE INSUFFICIENCY OF GOLD.

The champions of gold monometallism take great comfort from the figures which show a considerable increase in the world's output of that metal. The claim that nearly \$180,000,000 was mined in 1894, and an average of \$146,715,280 for the five years beginning with 1890. They claim that when the figures for 1895 are in they will show a large advance upon this, yet their own figures are sufficient evidence against their theory and their policy. In the five years—1855-1860—the average annual addition to the world's stock of gold was \$134,083,000. Since then we have had an increase of but \$12,000,000 a year to meet the increased demand for money caused by the world's growth in population, in trade and industry. What other interest of importance has achieved a growth of less than eight per cent in thirty-five years? Put that trifling growth alongside the vast expansion of merchant shipping, of iron making, or of the manufactures of textiles, and it is seen at once that the gold supply has advanced like the tortoise, while everything else has gone ahead with the strides of a Hercules.

Besides this, in 1856-1860 the mints of the world were open to silver as well as gold, and found the supply of the latter, although but 8 per cent less than at present, insufficient to meet its need for money. How much greater the present insufficiency of gold for present needs.—Philadelphia American.

### AMONG THE PREACHERS.

In denouncing unworthy Jews, the Hebrew Standard speaks thus: "We are sorry to say that there are quite a number of craven-hearted Jews who feel flattered when told that they look like Christians; weak-kneed Jews who are ashamed of their faith; servile Jews who think that because they eat pork, people will imagine they are progressive; greedy Jews who violate their Sabbath because they can make a few dollars; shoddy Jews who believe that a lavish display of jewelry will atone for their uncouth manners; bolsterous Jews who play cards in their shirt sleeves at their hotel rooms with open windows on the Christian Sabbath, and indifferent Jews who only believe in Jewish weddings and Jewish funerals."

There is one Christian minister for every nine hundred of the population in Great Britain, and there is but one in every 114,000 in Japan, one in 165,080 in India, one in 222,000 in Africa, one in 437,000 in China.

The Rev. H. W. Jones, who was pastor of the First Baptist Church, Stepany, Conn., organized a law and order league there some time ago, and started in to purify the town. The members of his church told him in very strong language that they were not in sympathy with his views on reform matters, and he promptly resigned.

In twenty-five years the Presbyterian women of the parent woman's board have raised \$2,600,956, and have 162 missionaries and 1,100 native readers and teachers in the field.

The late Joshua Vaughan Himes, who died at Elk Point, S. D., at the age of ninety-one, became famous for the aid he gave William Miller in preaching the doctrines of Second

Adventism. He was robust man physically, and an eloquent and persuasive preacher, with a voice of great compass. He was a native of Rhode Island and was bound out as an apprentice to a cabinet maker when a youth.

### LEGISLATIVE RECORD.

It should be said that Speaker Moores voted with the Portland ring filibusterers, probably out of a feeling that it would have been a discourtesy to the senate for him, as presiding officer, to have voted otherwise.

The legislature adjourned February 23. The resolution above was adopted by the house February 6.

The house had passed a number of reform bills which the senate simply ignored. The house showed in various ways that a majority of that body were disposed to keep their pledges. The house, 18 days before adjournment, called the attention of the senate to the fact that it was not expediting reform measures, when, as a body, it could transact business much more rapidly than the house. When it ignored Mr. Gates' resolution of inquiry, it put its foot in a trap from which some of its members are now howling loudly to extricate themselves.

### HARD TIMES FACTS.

GOOD READING FOR THE FAMILY CIRCLE.

Every reader of THE JOURNAL should look up the list of premiums given absolutely free with this paper. The WEEKLY JOURNAL at \$1 a year is the cheapest paper on the Pacific coast, yet with it we give yearly subscriptions to any of the following valuable publications, each known to the world as a standard in its field:

- The Toledo Blade,
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Don't be deceived into paying for so-called premiums offered with high priced papers at a slight advance. Remember THE JOURNAL is the cheapest newspaper on the Pacific coast, and it gives you high grade premiums without additional charge.

San Francisco has held a mass meeting to denounce the Turkish outrages committed on the Armenians. Every American city in the United States should do likewise.

Prof. Heritage, of Willamette musical college, gives a concert at Eugene on the 28th inst.

Give the people postal savings banks.

In most of the counties there is a higher tax levy than last year.

Organize the poultry product.

There is wealth in poultry.

### PROGRESS.

People who get the greatest degree of comfort and real enjoyment out of life, are those who make the most out of their opportunities. Quick perception and good judgment, lead such promptly to adopt and make use of those refined and improved products of modern inventive genius which best serve the needs of their physical being. Accordingly, the most intelligent and progressive people are found to employ the most refined and perfect laxative to regulate and tone up the stomach, liver, and bowels, when in need of such an agent—hence the great popularity of Dr. Pierce's Pleasant Pellets. These are made from the purest most refined and concentrated vegetable extracts, and from forty-two to forty-four are contained in each vial, which is sold at the same price as the cheaper made and more ordinary pills found in the market. In curative virtues, there is no comparison to be made between them and the ordinary pills, as any one may easily learn by sending for a free sample (four to seven doses) of the Pellets, which will be sent on receipt of name and address on a postal card.

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The Pellets cure biliousness, sick and bilious headache, dizziness, costiveness, or constipation, sour stomach, loss of appetite, coated tongue, indigestion, or dyspepsia, windy belchings, "heart-burn," pain and distress after eating, and kindred derangements of the liver, stomach and bowels. Put up in glass vials, therefore always fresh and reliable. One little "Pellet" is a laxative, two are mildly cathartic. As a "dinner pill," to promote digestion, take one each day after dinner. To relieve distress from over-eating, they are unequalled. They are tiny, sugar-coated granules; any child will readily take them. Accept no substitute that may be recommended to be "just as good." It may be better for the dealer, because of paying him a better profit, but he is not the one who needs help. Address for free sample, WORLD'S DISPENSARY MEDICAL ASSN., CANTON, 663 Main Street, Buffalo, N. Y.

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for Infants and Children.

## MOTHERS, Do You Know

that Paragoric, Bateman's Drops, Godfrey's Cordial, many so-called soothing Syrups, and most remedies for children are composed of opium or morphine?

**Do You Know** that opium and morphine are stupefying narcotic poisons?

**Do You Know** that in most countries Druggists are not permitted to sell narcotics without labeling them poisons?

**Do You Know** that you should not permit any medicine to be given your child unless you or your physician know of what it is composed?

**Do You Know** that Castoria is a purely vegetable preparation, and that a list of its ingredients is published with every bottle?

**Do You Know** that Castoria is the prescription of the famous Dr. Samuel Pitcher. That it has been in use for nearly thirty years, and that more Castoria is now sold than of all other remedies for children combined?

**Do You Know** that the Patent Office Department of the United States, and of other countries, have issued exclusive right to Dr. Pitcher and his assigns to use the word "Castoria" and its formula, and that to imitate them is a state prison offense?

**Do You Know** that one of the reasons for granting this government protection was because Castoria had been proven to be absolutely harmless?

**Do You Know** that 25 average doses of Castoria are furnished for 25 cents, or one cent a dose?

**Do You Know** that when possessed of this perfect preparation, your children may be kept well, and that you may have unbroken rest?

Well, these things are worth knowing. They are facts.

The fac-simile signature of *Chas. H. Pitcher* is on every wrapper.

Children Cry for Pitcher's Castoria.

J. C. GOODALE C. G. SCHRAMM

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